

cket "madness"

aining in the field, there
ous outstanding players
ng with them. Brigham
Young University's Jim
Fredette and Uni-
ersity of Connecticut's
Kemba Walker have been
standout guards in the
ournament. In each of
their last games going into
March 24 games, Jim-
Fredette had 34 points while
Kemba had 33. As for
the guys in the paint, the
Morris brothers at Kansas
have been nothing short
of dominant in their first two games.
They looked poised to make a
run.
Matt Beddell,

Strong start

major contributor to the
er her four years here.
to the conference sea-
son has showed it can
be competitive, but at times
it takes its foot off
the pedal. Nicky Newhoff is ad-
dressing the inconsistency is
a talent issue. "We need
to get pumped up for
the game, especially be-
cause we play two games a day
the time," she said. "We



DUBUQUE'S got SISTERS

us for an inside look at religious life!
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clarke university

COURIER

April 15, 2011

Dubuque, Iowa

Volume LXXXI

Issue No. 9

campus life



Conor Kelley re-views the latest "Big Momma" movie

arts etc.



Steph Kollasch shares her exotic travels with the Clarke community

sports



T-Shirts sold in memory of fallen classmate, teammate, and friend

weather



70% chance of rain. High 52. Low 43.

A student chats with Lisa Ling

lacey reynolds
staff writer

I waited outside the door for what seemed like hours. I was shaking at the thought of who was waiting for me behind that door. That door was the only object separating me from Lisa Ling, an internationally known journalist. I loathed and loved this door. Loathed because I wasn't ready and loved because I didn't want to wait any longer. I fidgeted outside the door, armed with a notebook, a page of interview questions, a recorder, two pens, and two event programs.

The door opened. The local newspaper crew filed out, and I slowly entered the room to conduct the biggest interview of my journalism career. There she was. Stunning, sweet Lisa Ling.

We shook hands, and before I could introduce myself, she said, "I love your ring." She was referring to a large ring in the shape of a white flower on my left hand. "Thank you," I said. "It's pretty," she said.

"It was \$7," I beamed.
"Oh my gosh."
"I know."

Father Jack brings life experience to Clarke

pam steffensmeier
staff writer

Dubuque native Father Jack Paisley has made an impact in many parts of Northeast Iowa for the past five decades and is currently serving as the chaplain at Clarke.

"I have worked with Father Jack on Antioch as well as liturgy," said Jessi Crain, senior business administration major. "Every time I see him, no matter the circumstance, it seems he has a smile on his face. A smile that can make your day."

Since he has been at Clarke, Father Jack has interacted with students by participating in the Antioch retreat, attending student performances such as "Musical Menus," and serving as chaperone on the spring break service trip to New Orleans. The trip marked his ninth trip to New Orleans since Hurricane Katrina. "During the first few trips I was down there, we mainly tore things down and now we are painting and putting things back the way they are supposed to be," said Paisley.

"Fr. Jack and I were both 'co-pilots' for the New Orleans service trip and both belong to Resurrection parish in Dubuque," said Katie Bahl, Director of Alumni Relations

Lisa Ling was my kind of woman. I was instantly at ease. We took our seats, and I set up my recorder. I tried to forget that this beautiful woman does on national television exactly what I am about to do for or a living. This was like trying to show Aaron Rodgers that you can throw a football just as well as he can.

I skimmed over my questions, searching for the best one. Preparing my questions for Lisa Ling was a nightmare. Not only was she a journalist herself, but she had been interviewed by dozens of people throughout her career. This woman had been asked every important question there was. I opted to ask the questions that I personally wanted to know as a fellow journalist, and she answered with honesty.

"I tell journalists, if you're in this business to become rich and famous, you're in the wrong line of work," Ling said. "I was very lucky that I've been able to make a career out of it. Good journalists don't do it for the money. They do it because they live and breathe it, and they want to be sponges who want to absorb



Senior communication major Lacey Reynolds had a chance to interview journalist Lisa Ling when she spoke at Clarke last month.

as much information as they can." This situation I was in at this moment reflected what she was saying. I know that being a journalist will not allow me to buy six cars and live in a mansion, but that doesn't matter to me. There are many more

lucrative career paths, but very few of those would give me the chance to sit face-to-face with someone who has experienced so much and made a difference in the world. Ling has been put on house arrest in Tibet, she has witnessed 10-year-

photo from by campus ministry



at Clarke. "It is amazing all of the things Fr. Jack loves to do and he is passionate about the church and about service work. This trip was the ninth time he has been to New Orleans in five years, a testament to his dedication and commitment to helping those in need. He knows how to have fun too! He is an avid skier and a pilot and definitely stays busy even in his retirement."

Father Jack grew up in Dubuque, graduated from Loras College in 1957, and then attended Immaculate Conception Seminary School in Missouri and was ordained in 1962. He has been a parish priest in

variety of and cities, including Cedar Rapids, Bellevue, New Hampton, Decorah, as well as Dubuque. Paisley has also served on education committees, taught at parish grade schools and also part time at Wahlert High School, and worked in the Campus Ministry department at Luther College in Decorah, Iowa.

After 33 years of working as a full time priest, he decided it was time to retire to do things he was not able to do when he was full-time such as travel. Paisley has been retired since 1995, but still finds himself active in the community.

"I worked on Antioch with Father Jack in the fall," said Molly Fitzgibbons, junior Spanish, biology and secondary education major. "When I think of Father Jack, the word 'compassion' pops into my head. He is a pleasure to work with; he is a constant positive support and is genuinely interested in the students he works with."

Father Jack has also gone on a trip to Guatemala and El Salvador with the Franciscan sisters of Dubuque to help people who are fighting for freedom. He is currently serving on a committee to get the passen-

ger rail train in town. Along with his commitments to the Dubuque area, he also helps parish priests when times are busy by helping with reconciliation at the schools and offering Mass during the week.

"Being a parish priest and everything that goes with it has been the best thing I have done in life," said Paisley. "By being in the field that I am in I am able to work with people for all kinds of services and interaction with other parishes."

Paisley plans to continue doing what he is currently doing, to remain in good physical condition, and be open for new opportunities, making himself available to help others in the community or elsewhere.

"Fr. Jack is one of the most open-minded person I have ever met," said Ha Young Kim, junior nursing major. "He is always curious about everything and doesn't hesitate to ask. While we were in New Orleans, we always had to look for him-- before we knew it, he was always way over there talking to people from everywhere."

April 15, 2011

Dealing with noisy neighbors in dorms

pam.steffensmeier
staff writer

The struggles of living with noisy neighbors is a common concern on many campuses. Living in a residence hall is different from living with your own family. For many, this is the first time being away from home or living with a roommate. Many students use their dorm as a place to study, have fun with friends, and sleep. This requires residents to respect one another.

"I used to love studying in my room, but now the noise level has become so loud that it is quite distracting," said Elizabeth Eise- man, sophomore biology major.

Everyone has made the choice to come to college and be successful. In order to be successful, one must do well in classes and doing well can require at least eight to ten hours of sleep each night. However, this is not possible for some Clarke students because fellow residents are interrupting their sleeping time.

"My fellow residents are up sometimes until 3 a.m. listening to loud music, screaming, watching television, and making other kinds of loud noise. Some nights it is nearly impossible to sleep during their ruckus," said Bryant Voss, sophomore biology major.

Amanda Crawford, Mary Fran-



ces Hall resident assistant said, "There are maybe a handful that forget about the quiet hours in the dorms, we politely remind the resident or residents about the current time and that it is quiet hours. There are very few that continue to be loud during quiet hours so we rarely have to enforce any further consequences."

Quiet hours are from 10 p.m. to 10 a.m. Sunday through Thursday and 12 a.m.-10 a.m. Friday and Saturday. What does quiet hours actually mean? It means that students are respecting fellow residents 24 hours a day, seven days a week.

The Clarke handbook states, "the goal is to provide residence halls where a student's right to sleep and study is given priority." In other words, it is okay to

have a television or music playing, just as long as the noise is not heard through the wall or door.

"Sanctions vary for violations depending on severity, intent, etc. said Callie Clark, resident director of Mary Jo and Mary Fran. "Any student who is named in a report has a meeting with a resident director to discuss the incident. For noise violations sanctions could include a warning, reflection paper, bulletin board/sign creation, community service or a fine."

Many residents stress their concern that some students don't respect one another. Students say they have tried to ask fellow residents to lower the volume, but it usually does nothing.

The question is how do we change that? Sometimes students do not realize they are being too loud. Here is a suggestion to help with noisy neighbors. Try talking to him or her by stating a simple statement like, I am not sure you're aware, but I can hear you through the walls and I am trying to get rested up and have a successful day. If the noise continues, contact your RA or Residence Life.

Tax Refunds: The End of the Dream

lisa gibbs
staff writer

Tax season is always about the hype of getting your taxes completed on time and, oh, the dream of what you could get back from your tax return after finding all the past year's W-2's and the 1099's and documenting every cent you ever made. Well, I hope you have your taxes done by now otherwise you might have the IRS knocking at your door.

Tax return...Ahh the hopes of getting a little pocket money back from the big bucks you spent, especially on books—about \$700 from the past year. We are excluding tuition here because most of that money is locked away in loans yet...Just wait for the day you start paying them back. Tax return on the cost of books is one way of trying to make a little money back on the now deemed worthless texts. The information enclosed in the pages is priceless, right? Well maybe, a few bucks back on your tax return might make that textbook look a little more friendly hanging out on your bookshelf. Or not.

I received nothing back on my tax return this year, let me tell you. I sure did not make enough money in the past year to cover half a semester of school. My books, which were about the only thing I had to write off besides my W-2's and my 1099's, are now sitting on my bookshelf nice and organized, a bit dusty, but I still have that wonderful knowledge at my fingertips.

The government's fingertips sure have been digging deep in my checkbook recently. A couple years back my great uncle died and left me and my cousin a chunk of change. Again, government sure wanted its share of money and claimed "inheritance tax," which really meant they wanted to be paid, oh, \$600 to transfer the money to my name with all the correct paperwork. I still have that check stub, one of the biggest checks I have ever written.

I was even born around the tax season. My father did not care if I was a boy or a girl, all he wanted was a tax write off, and a healthy baby. I was born three days before the first of the year with the help of a scheduled C section. Whew, they were sure lucky that I graced them with my presence.

Now graduating from college in May, I will have to keep track of my own tax documents. I have decided I will save everything to try to get the biggest tax refund that I possibly can. I should have taken better notes from my dad all these years. All of my receipts will go in a nice shoe box so I have every cent accounted for, even including the receipt that came with the shoes—like I'll get a refund for shoes, but you never know. At least I am done buying textbooks for now, anyway.

The Clarke University Drama Department presents

A Celebration of the Words of Shakespeare

Much Ado About Will

arranged by Robert Johanson



April 14-16, 7:30 p.m.
April 17, 2 p.m.

Terence Donaghoe

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ARTS Etc.

3

April 15, 2011

MOVIE REVIEW

'Big Mommas': A new genre of unfunny

conor kelley
freelance writer

"Big Mommas: Like Father, Like Son," the third installment of the Big Momma series, raises a lot of questions. For instance, how did they make it to three movies? (No, I will not call it a trilogy.) Why would they make a third one after the second one was such a flop? Why did the studio roll the dice one more time on a middle-aged, mildly amusing comedian in a fat suit?

Want a synopsis? Here you go: Malcolm Turner (Martin Lawrence), FBI agent and female fat suit aficionado, returns to the big screen. His idiot teenage stepson, Trent, (Brandon T. Jackson) hopes to pursue a rap career after high school despite being accepted to Duke University, Malcolm's alma mater.

When Trent almost gets the two of them killed during an FBI-arranged drug transaction, they are forced to don fat suits and infiltrate a girls school to find...well, it doesn't matter.

You can see where this goes: Trent falls in love with one of the girls; the bumbling bad guys try to kill Malcolm and Trent; Trent blows his cover, almost loses the girl; ends up saving her and saving the day (with help



photo from Google

from Dad, of course); and realizes he wants to be a good boy and go to college. Cringe. This movie (which should never be referred to as a *film*, even by accident, even at gunpoint) is 107 minutes of recycled rubbish. I have two questions as to the casting of Brandon T. Jackson as Trent. First, why would Jackson want to take a role in this god-awful film? Af-

ter his break as Alpa Chino in "Tropic Thunder," he has taken parts in "Fast and Furious," "Lottery Ticket," and "Tooth Fairy." Ouch. Somebody needs a new agent. Secondly, why would the producers want Jackson? He is unbearably stiff. Somehow, this "actor" manages to get worse throughout the movie while

keeping the same expression on his face. He takes the lead while a sort-of-amusing

Martin Lawrence steps to the background. This is screenwriter Matthew Fogel's first film. Don't give him a second one. The entire script could be entered into evidence in the case against Fogel's employment again, but I'll give you the shortened version (as the producers of this movie should have).

About halfway through the film, Malcolm is hit in the testicles during ballet class, and says, "Now I know why they call it the 'Nutteracker.'" Want more? During an art class in which the

gorgeous Haley (Jessica Lucas) is preparing to pose nude, Trent says, "Now this is *fine art*."

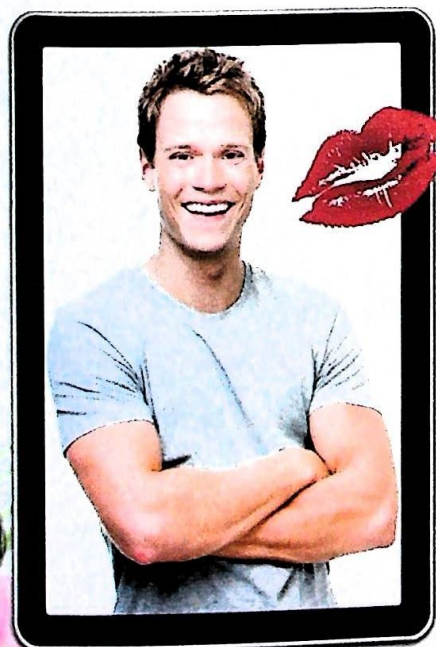
There's a white guy named Delonte. He tells the character Haley: "I.M. me later if you change your mind." No. People don't say stupid stuff like that. Ever wish the theater had a mute button? The only good thing

about this movie is how beautiful the girls at the school are. Even the music was awful: each scene had an obnoxious amount of back-

ground "score" and the stupid songs were unconvincingly lip-synched. And where's the humor? This is supposed to be a funny movie. These are unfunny people in absurd situations reading unfunny lines. For wastes of time such as this one, I present a new genre: Unfunny.

And one more question: Guess how much this movie has made at the box office thus far? 37 million. That's funny. But the bad kind of funny. Unfunny.

George retired at age 27. He made his fortune on the internet, is married to a French runway model and sky dives in Hawaii for fun.



George posted.

Jonathan is also 27. Averages 17 hours a day playing World of Warcraft on the internet, likes French fries, and builds Mentos Bombs for fun.



Jonathan didn't.

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April 15, 2011

Clarke student spends a semester at sea

catherine savitch
campus life editor

Traveling to exotic countries, furthering her education and having the experience of a lifetime was all part of Stephanie Kollasch, junior social work and psychology major fall 2010 semester at sea. The Semester at Sea program is sponsored by University of Virginia. Students aboard the ship take a global studies classes which provide background information for each place they're visiting. Kollasch was also to take classes that gave her 12 credits at Clarke.

The ship left from Halifax, Canada. In Morocco, where there is a large Muslim population, she was able to attend a mosque on the last night of Ramadan, the ninth month in the Islamic calendar when Muslims are required to fast. "It was a huge culture shock," said Kollasch. "It was a lot different from anything I've ever seen before and it was the coolest thing I've ever seen."

She traveled through Spain on a train on an independent study. She also visited an open air market, saw the Atlas Mountains, and rode a camel in the Sahara Desert where she spent the night in nomad tents.

In Ghana she was able to see

slave dungeons where the slaves from Africa funneled through before their trip to America. Thousands of people died in the place where she was standing.

Then, in South Africa, she went

for Humanity. In a week her group built a home. "I got to meet some really great people," said Kollasch.

The country that made the biggest impression on her was India. "Nothing affected me the way In-



Clarke junior Stephanie Kollasch walks with South African children during her semester at sea

on a three-day safari and saw the "Big 5"—elephants, lions, leopards, wild buffalo, and rhino. Kollasch also helped build a home for a family in South Africa with Habitat

for Humanity. "It was the best and worst place ever," Kollasch explained that in India she experienced poverty to the greatest degree—worse than she's ever seen

"I was surprised how prevalent the caste system still is even though it's supposed to be gone," she said. Seeing the poverty made her appreciate everything she has. "It was a huge eye opener," she said. At the same time she enjoyed visiting a children's school where she met many kids who thought that she and her friends were celebrities.

Kollasch spent two days in the very developed country, Singapore. This was quite a transition from what she experienced in India. They had the luxuries of metered taxis, cold drinking water, and air conditioning—all things that one would usually take for granted.

Kollasch visited 13 countries, got 12 credits, and says it was worth every penny. She says she would recommend studying abroad to anyone.

It was the best experience I ever had and it was worth every cent," said Kollasch.

Clarke's Study Abroad Programs

Every year between 8 and 12 Clarke students study abroad through various programs, and according to Nadeau, no one has ever regretted it. "There's a lot of growth that happens as a human being, the ex-

perience really changes them and makes them more marketable when searching for a job," said Nadeau. Through Clarke's programs in Spain, Scotland, Japan, or Ireland, and through the affiliated programs, Clarke students can use their financial aid and Clarke scholarships.

Nadeau recommends checking with Financial Aid for the specifics of each individual situation.

When students participate in non-affiliated programs such as the Semester at Sea they are not considered Clarke students and are not eligible for Clarke-based financial aid; it's like going to another school and transferring in credits, and the burden is on the student to make sure that the program is academic and that the coursework will be accepted here at Clarke. They are also responsible for getting their transcripts.

"When students are in our own or affiliated programs (which are available in all parts of the world), they are Clarke students, so the credits are not considered transfer credits, and students may apply their Clarke-based financial aid towards tuition and academic fees for one semester," said Nadeau.

Lisa Ling, continued from page 1

old boys carrying RPGs in Afghanistan, she has held conversations with members of the world's most dangerous street gangs. She has done something incredible with her life, and, because I am a journalist, she shared a piece of that with me.

Many people would argue that the field of journalism is becoming obsolete because newspapers, magazines, and other print media are going bankrupt. With the Internet, anyone and everyone can publish whatever they want, so it is becoming more difficult to stand out and be heard in a sea of millions of voices.

Ling advises writers to inject a unique element into their writing. "If you have compelling stories to tell, I don't think you can be ignored," Ling added. "If you are a good writer, I think the world could open up to you."

Ling believes that those who have mastered the craft of journalism have an even better chance to stand out by searching for opportunities in nontraditional venues.

"For me, interestingly enough, I work for the OWN network, and I worked at the National Geographic Channel and the View," Ling said. "These are all non-news outlets. But yet, I feel like I'm doing better journalism now than I could ever do for a traditional news outlet. You just have to be creative in figuring out where your skills will be recognized."

Ling currently hosts a show for the Oprah Winfrey Network (OWN). The show, "Our America with Lisa Ling," delves deeper into controversial cultural issues.

clarke courier

"I've worked with Oprah for five years, and I still get star struck when I'm in her presence," she said. "I'm so lucky. I've had the chance to work with some incredible heavy hitters, and they've all been so gracious to me. The most important thing I've learned from Barbara Walters and Oprah is about work ethic. You would think people who have reached that level of success would not work as hard as they do, but they are just relentless. They are working constantly. They both have made a lot of sacrifices in their personal lives for what they do and what they represent."

Over the years, Ling has taken on several dangerous assignments, the scariest being a "National Geographic" assignment to uncover the culture of an El Salvador street gang called the MS-13.

"That was a pretty scary assignment because as soon as I arrived in El Salvador I was being called to homicide after homicide," Ling said. "And there was a plan that was unearthed that some inmates were planning on kidnapping our crew."

Ling knows all too well about the dangers of her career. Her sister, Laura Ling, was arrested in North Korea in March 2009 while reporting on a story about North Korean refugees. Ling worked hard, along with President Bill Clinton, to bring her sister home safely in August 2009.

"There is risk in journalism, and we always take our security precautions very seriously," Ling said. "But when you're in the field, you never know what kinds of situations could arise. You just have to deal with things in the

present."

Although Ling's assignments are often risky, she still enjoys her work.

"I love good storytelling," she said. "I love

being immersed in stories in unfamiliar environments."

Of all the great stories Ling has shared with the world, she says she can't possibly choose a favorite amongst them all.

"I think the reason I'm a fairly decent journalist is because every story becomes the most important story to me at that time," she explained.

Ling puts all of her effort and passion into each story until she becomes fully engrossed in the people, places, and events involved. She becomes a part of the story.

After meeting Lisa Ling in person and discussing

her career with her, I can honestly say that she is not just a journalist.

She is a passionate and humble storyteller.



DUBUQUE'S got Sisters

Join us for an inside look at religious life!

Are you interested in checking out religious life?

Then join us for a 24-hour tour of four tri-state area convents to share life through praying, dining, and storytelling. Local transportation will be provided, and there is no fee to attend.

Friday, April 29 at 5 pm to 6 pm on Saturday, April 30, 2011

To register or for more details, e-mail Sr. Lou Anglin, BVM, at news@bvmcongo.org or call (563) 588-2351 ext 5134.

Sponsored by Sisters of Charity of the Blessed Virgin Mary, Sisters of the Presentation of the Blessed Virgin Mary, Dubuque Franciscan Sisters, and Sisters of the Holy Family.



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Study Abroad

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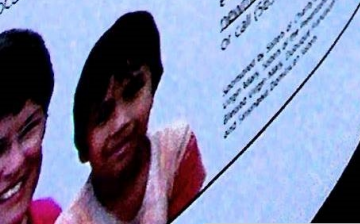


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CAMPUS LIFE

April 15, 2011

Becca Bahl not afraid to try it all

kristen koester
staff writer

You're too young to be serious.' My dad always says that anytime it's needed," said senior Becca Bahl. Many people have inspired Bahl to always be searching for more. It's an amazing gift to also be inspired within; you can't just force people to want more out of life. They have to have the desire to broaden their horizons and be open to change.

Bahl, a business marketing major at Clarke, has been a dance team captain for three out of her four years and has brought some major spunk to the team, year in and year out. She is this year's senior class president and is involved in other extracurricular activities such as being an Antioch team member, participating in choir, and being a part of "Musical Menus." She is also involved in local 4-H clubs and is also a part of the Dubuque County Dairy Association. Bahl has also been on the Dean's List the past few semesters.

"Grades are important to me," she said. "I'm paying a lot of money for my education so I guess I better get my money's worth!"

Bahl is very fun loving and she enjoys staying busy and re-



ally wants to make the most of her college experience. It's frustrating for her when she hears people complain about there being nothing to do on campus.

"There are a ton of things to do if people would just attempt to do them," said Bahl.

"Most people think they're 'too cool' to participate in different activities... So not true!" She is most often spotted doing something slightly embarrassing. If you can't laugh at yourself, you don't exactly have the right to laugh at others.

"Dancers are supposed to be super graceful...too bad I'm a klutz," said Bahl. "I had an epic fall last year. We were doing a run through right before state competition where everything should be nearly perfect; I totally wiped out doing a double turn. Only Molly McCormick saw me fall but we could not stop laughing!"

"My sister Sarah is a great influence on me," said Bahl. "In college, she always had a great motto to follow: 'I work hard so I can party hard.' I love that! It has helped me realize the magnitude of my actions. I love to laugh, sing and dance but I also want to be respected and to be a role model for others."

Bahl decided to join choir her last semester of college just for fun. She said she felt somewhat intimidated to be performing with

music and drama majors because of their extraordinary talents, but was pleasantly surprised when she was chosen to perform in "Musical Menus" this spring. She and Elizabeth Beighley sang "Stepsisters Lament" from the musical "Cinderella."

Faith has also been a huge part of Bahl's life. She wanted to give back somehow to the campus ministry so she applied for an Antioch team, was selected and was proud to represent in any way she could.

"If I had to describe being senior class president and a member of CSA (Clarke Student Association), I would immediately say 'fun,'" said Bahl. It feels great to be a part of Clarke who can make a change."

For instance, the weight room is now open until 11 p.m. because of CSA. CSA is also working on a possible busing system between Clarke, Loras, UD and the downtown area. The senior class is also getting stationary and mobile grills put on campus for all students to use.

Bahl says the best thing about being busy and involved in different things is spicing things up. You'll

have more friends this way, you're not limited and you won't get bored with people.

"I have learned a lot about myself by trying different things," said Bahl. "I one day hope to be on "Wheel of Fortune" for another different experience that I know I would enjoy."

What's next for Bahl? She is currently applying for jobs and would love to move to Texas to get away from Dubuque for a while.

"I would like a marketing position within a major corporation. Ideally, I want to travel and work within the international business world," she says.

"I want to move to Texas because I took a dumb quiz online and that's where it said I should move," said Bahl. "I love warm weather and I have some family down there, too. I was born and raised in Dubuque; it's time!"

She really wants to travel and to visit Spain again. She went in high school for a Spanish immersion trip and she fell in love with the culture, food, people and atmosphere. It is definitely on her to-do list!

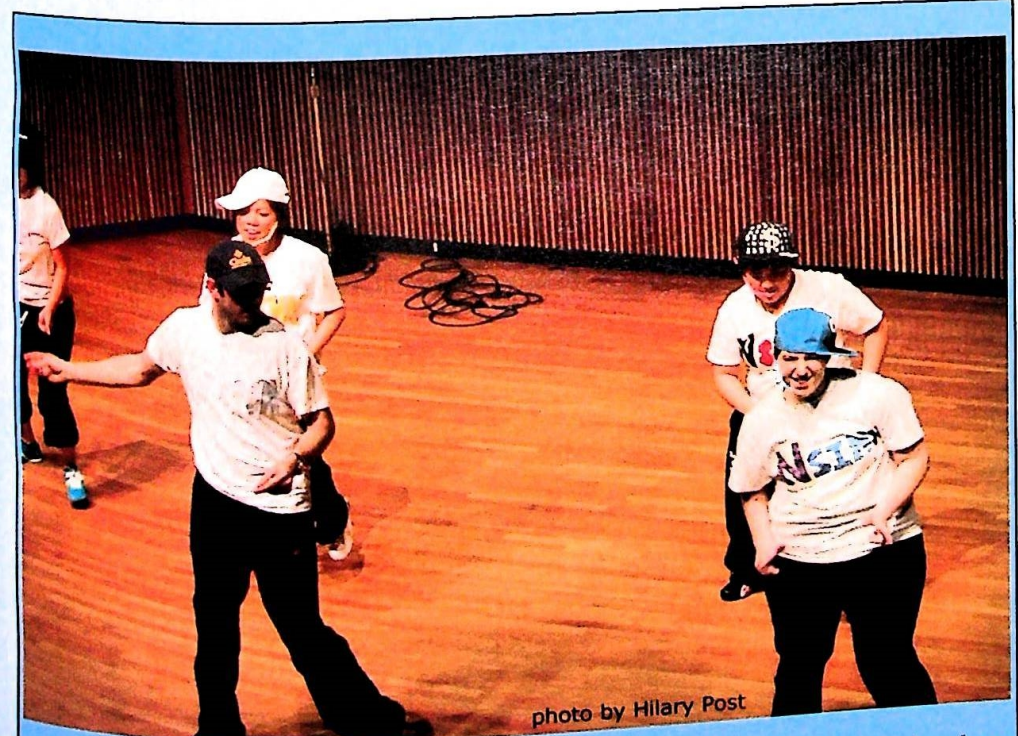
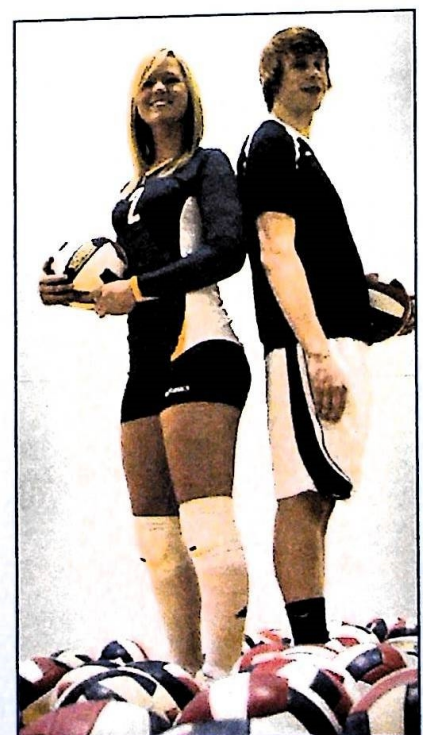


photo by Hilary Post

The C.A.N.S. (Clarke Association of Nursing Students) annual talent show on March 30 drew a record crowd in the standing-room-only Jansen Music Hall. Acts ranged from dueling pianos, solo singing performances, a lip-sync of *NSync featuring art history professor Bryan Zygmunt (above at front left), and a rap about cheese. Proceeds from the event went to the Dubuque Riverview Center, which helps abuse victims.

The 2011 "Catalyst" is Coming



Check it Out

clarke courier

CAMPUS LIFE

April 15, 2011

T-shirt created to honor Matthew Clarke

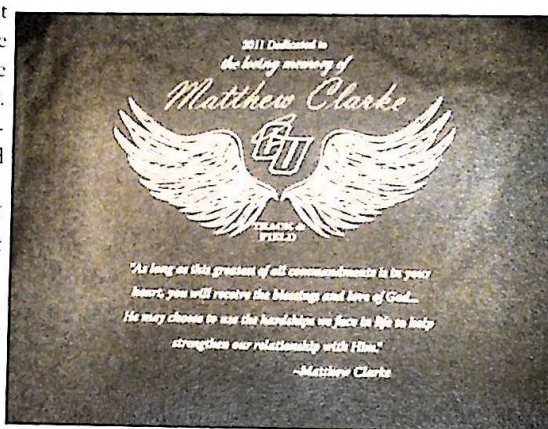
andre navarro
staff writer

When walking around Clarke's campus it is hard to not notice those dark grey T-shirts with wings alongside the back of them. Those shirts are to remember one of our own family members whose life was tragically cut short. Matt Clarke, who died in March of a brain hemorrhage, participated in the 400m hurdles for Clarke University's track-and-field team.

Jordan Palmer and Travis Bettcher came up with the idea of making and designing the shirts themselves. They decided to put a quote from one of Matt's last spirituality papers on the shirt.

"As long as the greatest of all commandments is in our heart, you will receive the blessings and love of God. He may choose to use the hardships we face in life to help strengthen our relationship with him."

Junior sports management major Travis Bettcher has been



heavily involved with not only the shirts, but in keeping contact with Matt's family.

"Initially the money was to be given to Matt's parents so that they would be able to attend the conference meets," said Bettcher. "They will not be attending the meets, but said that Clarke gave Matt the opportunity to follow his dream of running track in college. We are in contact with his dad, Adrian, to determine what they want the money to go toward."

The shirts have had a big success as they have sold over 150 of them. To go along with the shirts track coach Adam Hinders made bracelets for the team as well. They got additional contributions from women's track runner Kari Klein and her mom as they made arm bands for the team to wear. The shirts are no longer for sale, however, you can purchase an arm band from a track member for one dollar.

Have you ever wanted to run barefoot?

molly finn
a&e editor

There is a new footwear sensation walking the campus of Clarke University. The tricky part is, if you are not paying close enough attention, you may not realize those wearing them are wearing anything at all. Vibram's shoes, called FiveFingers, are designed to look like and imitate bare feet. While they are still more popular on the West Coast, they are becoming more and more popular in the Midwest, and right here at Clarke. Senior English and communication major Pete Dudek just purchased his second pair.

"They give you the sensation of being barefoot with the protection of a regular shoe," said Dudek. He recently wore his FiveFingers on a trip mountain climbing and hiking in Arizona and Colorado.

Third-year physical therapy grad student Amanda Shaker owns a pair of FiveFingers as well.

"They are great," said Shaker. "They make you feel as though you are more in touch with nature instead of observing or being on nature."

FiveFingers are made of several combinations of fabrics, rubbers, and microfibers, depending on which design you are looking at.

"Human beings were not designed to run in shoes or on

concrete," said Dudek.

In addition to improving foot health and looking like real feet, FiveFingers are designed to give their wearer the sensation of being barefoot.

"They really make me feel like I am walking around barefoot," said Shaker. "When you wear them in the grass, you can feel the spongy texture."

"They are very naturalistic," added Dudek.

While FiveFingers are designed for athletes, some obviously feel they are great for everyday use, too. Shaker, who has been running long distance for several years, said she likes walking around in them as much as running in them.

There are over ten varieties for both men and women, and they have recently begun a children's line of them as well. Their benefits also include the fact that they are machine washable and last longer than traditional tennis shoes, not to mention being unique looking.

"They're a great conversation starter," said Dudek, who wears his almost on a daily basis.

Vibram FiveFingers can be purchased here in

Dubuque at the Shoe Shack and, depending on the style, run anywhere from \$80-\$110.

"I recommend everyone try them," said Dudek. "Everyone should see what they're like."



Senior Pete Dudek's Vibram FiveFinger shoes

On the street:

molly mccormick
ad/pr manager



Courtney Berendes,
senior education major.

"I am going to save my money, and hopefully, once school is over be able to spend it on a plane ticket and visit Ecuador again."



Kelly McAllister,
sophomore business major. "Sadly my refund money will be going towards my education, but I would like to spend it all on a vacation to somewhere warm."



Sadie Hansen,
senior social work and philosophy major, "I'm going to put it in my savings and spend it later on a new car."

April 15, 2011
Men's volleyball

elliott carr
sports editor

Things were very different at Clarke back in the fall of 2007. We were still known as Clarke College, and talk of the volleyball team contending for a national championship was highly aspirational. The CMV Brotherhood we know today and their loyal supporters were non-existent. Names such as Alex Kelshiemer, Alex Wilham, Matt Redman and Brenden West were nothing more than talented freshman, full of the dreaded "p" word, potential, a word that hangs over the head of so many, but rarely gets set lived up to, let alone exceeded. It is a word that often adds unnecessary pressure to a young athlete's development.

In 2007, former men's and current women's volleyball head coach Chris Miron had no choice but to throw this group to the wolves. The group took their blows, and won only eight games that season, but the experience they gained was invaluable. A strong bond was formed between the freshmen on the team, and it was only to grow stronger over time. A brotherhood perhaps? "They love spending time together both on and off the court, which allows them to have that special team bond," said Miron. "They hang out because they want to, not because they have to." Alex Kelshiemer looks back on the group's freshman year with a sense of accomplishment. "It wasn't ideal, but it made us so much better in the long run," he said. "We would have been as good as we were."

Mixed

elliott carr
sports editor

Spring Golf season is and truly underway at Clarke University, as both the men's and women's teams have participated in the Loras Invitational, where they placed on April 3, and 12th, on the club team at the UW-P. The Women's team participated in the first day of the Loras Invitational, but not the second due to conflicts. It was an outstanding shot for Coach Rick Arrington.

April 15, 2011

Men's volleyball says farewell to four brothers

elliott carr
sports editor

Things were very different at Clarke back in the fall of 2007. We were still known as Clarke College, and talk of the volleyball team contending for a national championship was highly aspirational. The CMV Brotherhood we know today and their loyal supporters were non-existent. Names such as Alex Kelshiemer, Alex Wilharm, Matt Redman and Brenden West were nothing more than talented freshman, full of the dreaded "p" word, potential, a word that hangs over the head of so many, but rarely gets lived up to, let alone exceeded. It is a word that often adds unnecessary pressure to a young athlete's development.

In 2007, former men's and current women's volleyball head coach Chris Miron had no choice but to throw this group to the wolves. The group took their blows, and won only eight games that season, but the experience they gained was invaluable. A strong bond was formed between the freshmen on the team, and it was only to grow stronger over time. A brotherhood perhaps? "They love spending time together both on and off the court, which allows them to have that special team bond" said Miron. "They hang out because they want to, not because they have to". Alex Kelshiemer looks back on the group's freshman year with a sense of accomplishment. "It wasn't ideal having a bunch of freshmen start, but it made us so much better in the long run" he said. "We would not have been as good as we were if

not for Coach Miron taking the risk and starting a bunch of freshmen."

Kelshiemer also knew that if the group put the work in, they were destined for big things. "I didn't see us contending for a national championship that year, but I could see it in the future as I saw the potential in us as players and as a team" he said.

Kelshiemer was not alone in this line of thought, as Miron knew from day one if the group was willing to put the work in, the sky was the limit. "I knew they were a quality crew and had the potential, but it was up to them and their mindset," he said.

Enter Casey Sawyer, fall 2008. He was recruited from Palomar College, a junior college in California, and if you have ever had the privilege of meeting him, it is likely you will remember him for a long time.

"Casey showed his leadership skills by building strong bonds with his brothers/teammates on and off the court" said assistant Coach Eric Plunkett. "His lively personality draws people to him and through that he can make lasting relationships".

Oh, and it should also probably be mentioned that with his blend of skill, quickness, and his hammer-like arm, he was a first-team all-conference performer for the 2009 season. Bouncing balls out of the gym regularly, he immediately became a crowd favourite, as much for his ability on the court as for his outgoing personality off it.

With the completion of the 2009 season, expectations began to rise as the team compiled a record of 18-13. The core group had gained

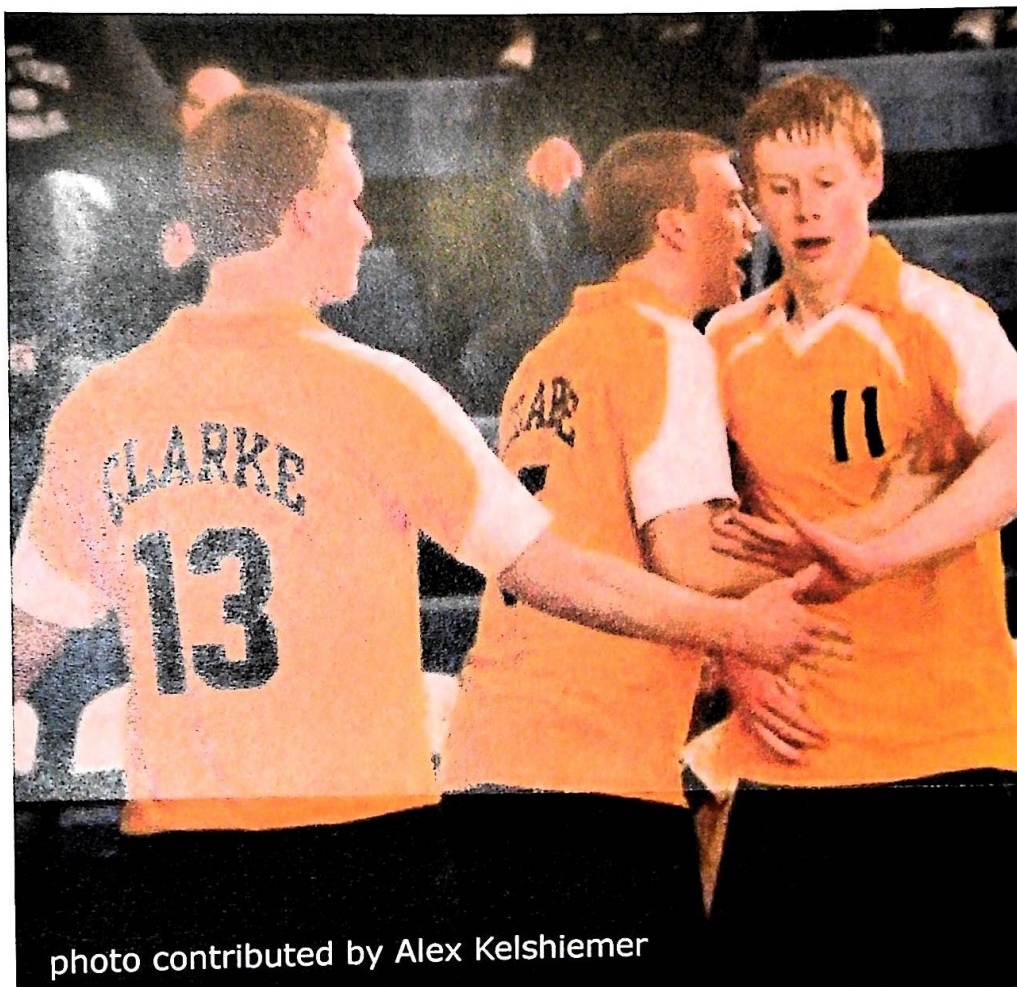


photo contributed by Alex Kelshiemer

Volleyball seniors Alex Kelshiemer, Matt Redman, and Alex Wilharm in action as freshmen

experience playing together, and much belief in themselves along the way. They had finished the season ranked ninth overall in

the country, a meteoric rise from the previous season. Along with Sawyer's first-team all-conference selection, Redman was honourable

mention all-conference. If as freshmen this group of young men could be described as being thrown to the wolves, by

Continued on Page 8

Mixed results for Crusader golf this spring

elliott carr
sports editor

Spring Golf season is well and truly underway at Clarke University, as both the men's and women's teams have teed off. The men's team has already participated in the Loras Spring Invite, where they placed 13th on April 3, and 12th, on April 4. They also defeated the UW-Platteville club team at the UW-Platteville country club on Tuesday, April 14. The Women's team participated in the first day of the Loras Invite, but not the second due to class conflicts. It was an outstanding result for Coach Rick Arrington and

his squad, as they finished second. The low scorers on the day were senior Megan Chitty and freshman Sarah Olberding, who both shot a 91. All shot under 100, which was surely pleasing to Coach Arrington.

There was more success to follow the next weekend, with another second-place finish at the Clarke Invite at LaComa Golf Club April 9 and 10.

It was Olberding who again led the way, shooting an 87 and a 88, showing she will be a major contributor for years to come. "We hope to finish in the top

half of the conference this season and have someone make the all-conference team" said Arrington.

"Megan Chitty missed going to nationals by a stroke, and Jodie Muth and Ashley Johnson do a nice job as seniors."

The squad is also balanced out by some serious young talent. Arrington said, "I'm really happy with the recruiting class, they're all working hard and it's nice to have a young nucleus for the upcoming years."

Senior Jodie Muth, while obviously sad to leave, knows the team is in good stead for years

to come. "Our team strengths would probably be our promising underclassmen" she said.

"Ashley Johnson and I are graduating and leaving behind a good team. All of the girls are improving and our scores are looking better every day."

The conference tournament will be held at Bluetop Golf Course in Riverside, Iowa, one of the most challenging courses in the state April 15 and 16.



photo contributed by clarke athletics

Junior Megan Chitty shows her putting skills

SPORTS

April 15, 2011

Athletes struggle with injuries

kristen koester
staff writer

Students at Clarke are dedicated not only to academics, but athletics as well. Whether it's the athletes who train year-round, the friends who support athletes at those competitions and especially those athletic teams that make it a priority to support other teams—you name it, we do it! Unfortunately, there are always athletes dealing with injuries and learning how to cope with interruptions in their athletic careers.



Junior graphic design major and volleyball/softball player Abby Nauman recently had her second shoulder surgery in hopes of fixing her torn labrum (a labral tear is an injury to the shoulder joint). She also had surgery her freshman year to correct the pain in the same shoulder. Nauman made it through this year's volleyball season, but another surgery was inevitable; she redshirted for this year's softball season, which will keep her collegiate eligibility open for one more season. "It's very hard watching something I love to do and not being able to participate," said Nauman. "I really hope this surgery pays off so I am able to enjoy my senior year with both sports. The thing that is really getting me through this season is watching my younger sister Betsy play so well!"

Nauman is a middle hitter in volleyball and a pitcher in softball so her shoulder has been overused and finally gave out. She has a serious physical therapy regimen to prepare her for volleyball in the fall. "I have days where it's harder than others," said Nauman. "I am trying really hard to stay positive and look at the bright side of things, and right now, that is having a healthy shoulder."



Freshman kinesiology major Alex Rosencutter was out in October with a torn adductor muscle (a groin strain) and suffered from a concussion in January during basketball season; he was injured both times in practice and he virtually missed the entire season. "It was tough not being able to play because it was hard to feel like I was fully part of the team," said Rosencutter. He underwent some stern physical therapy with the athletic training staff, and over Christmas break he used his athletic trainer/strength and conditioning coach of a brother to his full advantage in hopes of a speedy recovery. "I always thought 'Why me,'" said Rosencutter. "I was getting ready to play in my first game of the season after recovering from my first injury, and the night before, in practice, I got a concussion." "I've never experienced any injuries like I have this year, and it has taught me a lot on how to be patient and to persevere," said Rosencutter.

ries like I have this year, and it has taught me a lot on how to be patient and to persevere," said Rosencutter.



Freshman graphic design major Flavio Vincenti, from Italy, is on the baseball team and has had bursitis for quite a while in his right shoulder. This eventually turned into a labrum tear during this year's fall season.

Vincenti's injury occurred while playing in practice, probably from "overthrowing." "I actually had to go back home to Italy over Christmas break to finally find out that I had a labrum tear," said Vincenti. Vincenti says he's definitely upset about the situation he's in because many coaches and trainers have told him that most baseball players are never able to throw a baseball anymore after their surgeries involving the same issue. He has a doctor's appointment April 18 to hopefully get some more answers. "I'm pretty scared about it," said Vincenti. "I love baseball, even though I'm from a country where baseball is not popular what-so-ever." "I believe every athlete should try to surpass his/her own limits and overcome goals every single day. The mind controls everything, and in turn, it's also the hardest thing to control," said

Vincenti. "If an athlete can learn how to control and push his/her mind to work harder, he or she will be able to reach their goals."



Senior psychology major Amanda Ruddy's track-running days are sadly over. Her freshman year she redshirted for the season after being diagnosed with stress fractures in both legs. Sophomore year, her doctor told her that he would cast her if she tried to run again that season, so she quit. This year she decided to tempt fate and go out for her final season. Unfortunately, she fractured her right tibia and once again was diagnosed with stress fractures in both legs.

"This has been a reoccurring injury since I was in high school," said Ruddy. "Every track season the shin splints turn into stress fractures and every year the fractures get worse. I was never taught how to run in correct form because I started running track when I was so young." Ruddy has undergone a ton of rehab with strengthening and stretching exercises. She was put in a splint-type thing her freshman year and eventually a walking cast with crutches. "I literally never wore the cast or used the crutches freshman year, which is probably why the fractures came back so bad this year," she said. "This year I was

supposed to be put in a plaster cast but I talked my way out of it and was put in a walking cast that I was not allowed to walk on." She was told that her right tibia is over 75 percent broken, and if she were to run on it, she would need surgery first so they could put a plate in her bone to keep it from breaking.

"This is why I am not running outdoor season this year; I don't have time in my life for surgery right now," she said.

Ruddy says it was hard to come back to track after she had to quit two years ago because of pain. She said a lot of people made fun of her saying that it would only be a matter of time before she would quit again. Although she was only able to run for the indoor season, she hopes that she proved at least some people wrong by showing them how dedicated she can be. "It's heartbreaking that I will never be able to compete in track again," said Ruddy. "On the other hand, I blame myself because I should have taken better care of my legs in high school and maybe all this could have been prevented. I also wish that I had a better attitude about dedicating myself to sports my first couple years at Clarke because I could have really improved a lot in track with the coaching staff here." "I love track so much because of that feeling you get when you're competing," said Ruddy. "In other sports, you have a longer duration of time in which you play, while in track, you only get one shot for each race. You put it all out on the table in a short amount of time. The longest race I run takes about a minute of full-throttle running and I love it. Once it's done you get the best feeling ever!"

Men's volleyball, continued from page 7

their junior year, the 2010 season, they had become the wolves. Sadly, Casey Sawyer had to leave Clarke due to personal reasons, but the team was able to compensate because of the likes of Travis Gabehart, Bobby Springer, Dan Tringale, and Matt Roth all raising their games to new levels.

Also, Kris "Coach K" Dorn took over as head coach, leaving Miron to concentrate solely on the women's team. Coach K immediately introduced a theme of "brotherhood," which brought an already close-knit group even closer. And fortunately for all involved, the brotherhood

theme caught on like wildfire.

"One of the biggest things that impressed me was the love of the brotherhood theme; it would have just been another word but they made it an action, and made the team about love and respect" said Coach K.

The character of the group was a big reason why Coach K chose to coach at Clarke.

"Matt Redman was one of the few guys I met in my interview and his attitude and willingness to take the program to the next level was a huge reason I signed on" he said.

The team improved its record

to 26-12, and earned a berth at the national tournament, which only the top six ranked teams in the nation get to attend. The volleyball community began to realize that CMV was a force to be reckoned with. Miron's gutsy decision to play so many freshmen had proved to be an act of pure genius, as it had well and truly paid off.

Heading into their senior year, so much about the team had changed. Every team in the conference was gunning for Clarke, as they had become the measuring stick of excellence. No team was going to take them lightly. "Last year we really es-

tablished ourselves as a powerhouse, so this year we knew we would have a target on our back" said Coach K.

"From a coaching standpoint, we knew every team was going to bring their best."

All these young men have extremely bright futures. West already has a full-time job at a newspaper lined up, while Kelshiemer, Wilharm, and Redman have been regulars on the Dean's List and Academic all-conference teams over their four years here. Sawyer graduates in December 2011, and is looking at a future in the Coast Guard.

"No doubt all will be success-

ful" said Coach K. "They're all disciplined, have great leadership characteristics, and are passionate."

The impact on the program and school left behind by these five will not be forgotten anytime soon. Coach K sums it up best when he said "These five guys might not get to see the entire success of their perseverance, but they are cemented into Clarke's legacy."

clarke courier